

Writing with the Energy of Opposites... with Julie Mariouw

May 28 at 1:00 pm - 3:30 pm EDT \$10.00 – \$20.00

In this workshop we will use Mind & Body Memory Maps to isolate material we will use in the workshop. We will search for “opposites” contained within the scenes that arise, clustering “opposite” pairs of objects we find, or “opposite” feelings we have in these scenes. We will then write with the energy that arises between these opposites. In this way, we will move closer to healing and wholeness within ourselves, and will increase access to our imaginations, furthering our creative process.



Julie Mariouw is a certified AWA workshop leader and an AWA affiliate who runs online and in-person workshops through Wellspring Writing Workshops, LLC. Julie is fascinated by the healing power of creative writing and creates prompts using metaphor, the senses, polarity, and physical movement to expand writers' imaginations and increase their creativity.